

*Regional Perioperative Services*

---

**Subject: CHI FH Preoperative Fasting Guidelines for Elective Cases**    **Last Reviewed Date: 3/13/2018**

**Effective Date: 7/22/2015**

**Next Review Date: 3/13/2019**

---

**Purpose:**

Practice guidelines for preoperative fasting to reduce the risk of pulmonary aspiration: application to healthy patients undergoing elective procedures. Additional fasting time may be required for patients with co-morbidities that cause delayed gastric emptying.

**Content:**

<u>Ingested Material</u>	<u>Minimum Fasting Period (hours)</u>
Clear liquids <sup>&amp;</sup>	2
Breast milk	4
Infant formula	6
Non-human milk <sup>\$</sup>	6
Light meal *	6
Full meal **	8

**Supportive Data:**

& Clear liquids such as water, carbonated beverages, fruit juice without pulp, black coffee or clear tea (without milk, cream or creamer). Not acceptable: any beverage with alcohol.

\$ Non-dairy creamers should be considered the same as non-human milk.

\* carbohydrate such as toast

\*\* Any meal with fried or fatty foods, meat, or other solid protein (including eggs)

**References:**

Practice guidelines for preoperative fasting and the use of pharmacologic agents to reduce the risk of pulmonary aspiration: application to healthy patients undergoing elective procedures. An updated report by the American society of anesthesiologists committee on standards and practice parameters. *Anesthesiology* 114: 495-511, 2011

<p>Approved By: Regional Perioperative Leadership Team Regional Anesthesia Chiefs Anesthesia Medical Directors</p>
--